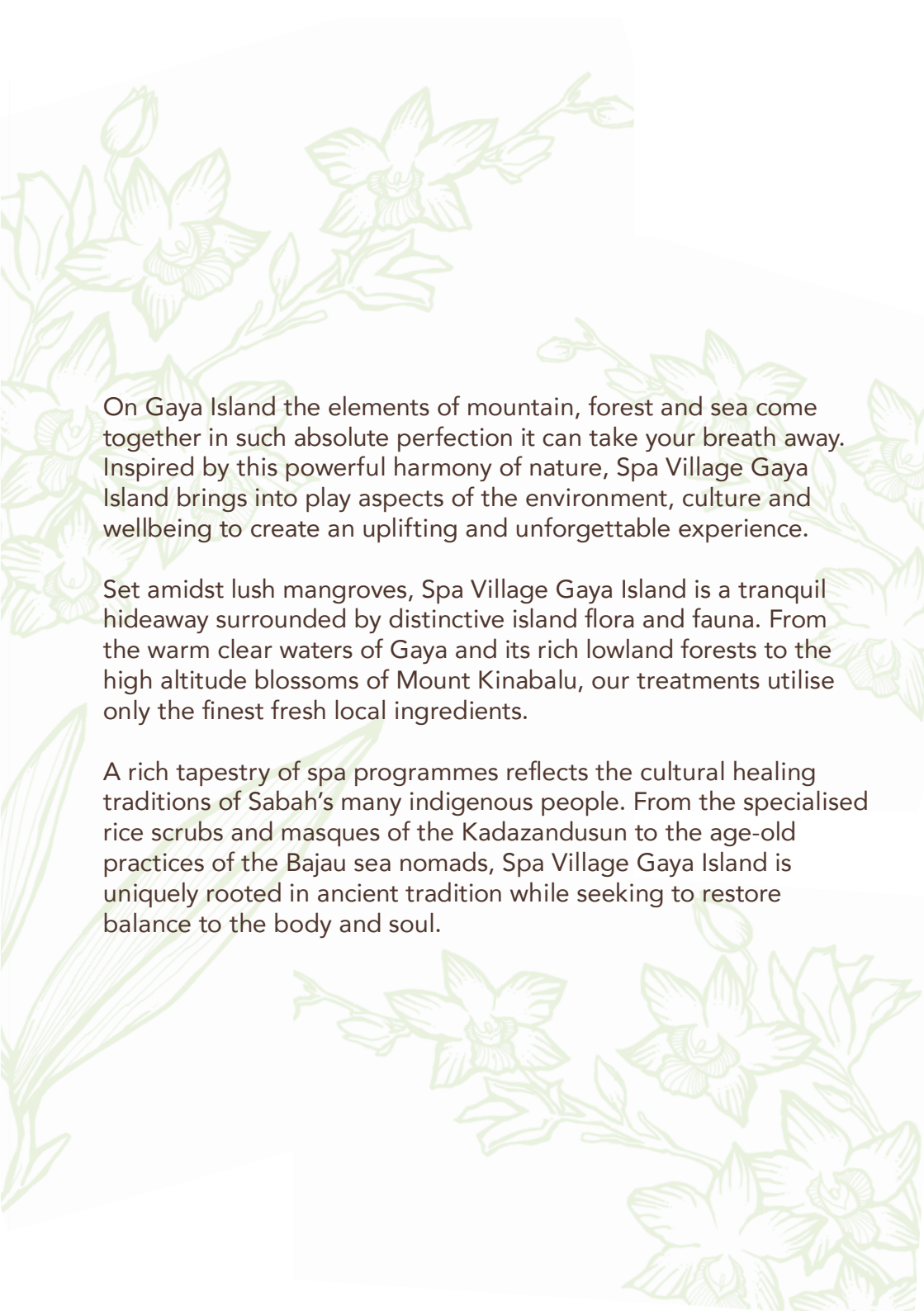




Spa  
VILLAGE

GAYA ISLAND



On Gaya Island the elements of mountain, forest and sea come together in such absolute perfection it can take your breath away. Inspired by this powerful harmony of nature, Spa Village Gaya Island brings into play aspects of the environment, culture and wellbeing to create an uplifting and unforgettable experience.

Set amidst lush mangroves, Spa Village Gaya Island is a tranquil hideaway surrounded by distinctive island flora and fauna. From the warm clear waters of Gaya and its rich lowland forests to the high altitude blossoms of Mount Kinabalu, our treatments utilise only the finest fresh local ingredients.

A rich tapestry of spa programmes reflects the cultural healing traditions of Sabah's many indigenous people. From the specialised rice scrubs and masques of the Kadazandusun to the age-old practices of the Bajau sea nomads, Spa Village Gaya Island is uniquely rooted in ancient tradition while seeking to restore balance to the body and soul.



## DISTINCTIVE JOURNEYS

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### TADAU KAAMATAN

#### A COUPLES CELEBRATION OF RICE (FOR TWO PERSONS)\*

Rice has historically played an important and mythical role in Kadazandusun culture. Every year the indigenous people of Sabah offer their thanksgiving for a bountiful harvest to the revered rice spirit Bambaazon during the Tadau Kaamatan or Harvest Festival. Many traditional rice planting and harvesting rituals and ceremonies are observed during this festival. Among them is the Unduk Ngadau, a beauty pageant to crown the Harvest Queen which celebrates the legend of Humindun. A second tale, Papakang - The Odyssey of Seven Brothers, tells the story of the youngest son of the village chief in Nunuk Ragang or Red Banyan Tree, believed to be the seat of Kadazandusun civilisation. The legend chronicles his epic journey across the land to reunite his brothers and the mystical Papakang stone. Our Couples experience pays tribute to these legends and the honoured element of rice.

#### FOR HER | UNDUK NGADAU

- Red Rice, Corn, Avocado and Cinnamon Body Scrub
- Avocado and Coconut Hair Masque
- Urutan Pribumi (Indigenous Massage) and Rice Pouches
- Honey and Avocado Seed Facial

#### FOR HIM | PAKANG - THE ODYSSEY OF SEVEN BROTHERS

- Rainbow Rice, Coffee, Tongkat Ali and Cinnamon Body Scrub
- Avocado and Coconut Hair Masque
- Urutan Pribumi (Indigenous Massage) and Rice Pouches
- Honey and Avocado Seed Facial

### SABAH SCENT ADVENTURES

Explore the intangible yet powerful realm of scent. We have gathered the most precious indigenous oils of Borneo to utilise in this educational experience for a group of two or more. Learn the basics of essential oils, their potent benefit and the art of custom blending, guided by our scent artist.



## RENEWAL 360

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### **BORNEO VANILLA ORCHID AND HONEY COCOON**

This luxurious escape transforms lacklustre skin and hair to a brilliant glow and shine. The smoothing and hydrating properties of anti-oxidant rich honey have been used for centuries. Begin with a gentle body buffing of crushed vanilla pods and yoghurt which prepares your skin before it is drenched in a vanilla infused honey cacao fruit masque. Cocooned in warmth, enjoy an Indian scalp massage followed by a vanilla honey hair masque to increase blood flow and deeply condition the hair. A full body toasted coco-nilla massage is the perfect end to this delightful treatment.

### **HONEY AND AVOCADO SEED FACIAL**

This decadent facial is packed with natural ingredients to maintain youthfulness and enhance the complexion. The combination of properties extracted from the bird's nest, avocado seed and honey ensures that the skin is free from impurities, moisturised, hydrated and glowing.



## HEALING ARTS

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### **URUTAN PRIBUMI (INDIGENOUS MASSAGE)**

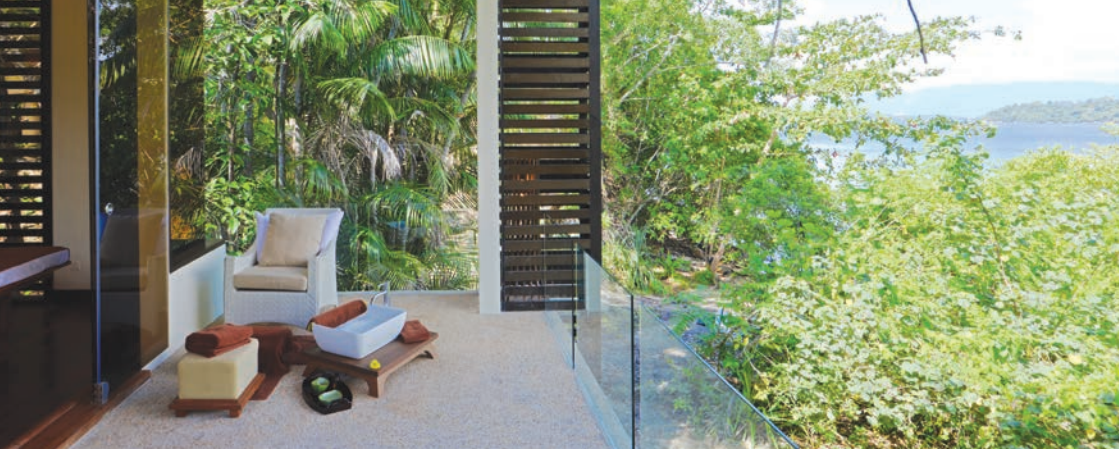
Drawing inspiration from the culturally rich and diverse ethnic groups that reside in this land beneath the wind, this treatment is a compilation of age-old healing traditions from multiple tribes. Traditionally used to restore mobility and flexibility for paddy planters, farmers, seafarers and warriors, great emphasis is placed on the manipulation of the superficial and deep layers of muscles and fascia of the spine. Aided by our signature blend of Island Spice aroma oil, circulation is improved and countless therapeutic benefits are unleashed through digital, palmer and forearm pressure.

### **BALINESE MASSAGE**

This massage combines the influence of cultures, especially Indian, Chinese and European, which form the foundation of Balinese tradition. Thus, the ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion, providing an invigorating and energising experience for the body.

### **MALAY MASSAGE**

The art of traditional Malay massage is passed down from generation to generation. The technique consists of long kneading strokes that focus on the muscles, and pressure applied to various points on the body. This treatment uses Spa Village signature massage oil, which invigorate circulation.



## BEAUTIFUL TRIMMINGS

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### BATH (ADD ON)

- Seawater Muscle Relief

### BODY GLOW

Buff away dry dull skin with one of our sensational body scrubs.

- Vanilla Bean Dream
- Coffee Crush



## SOUL SPA

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So often the world focuses on the outside, that which we can see, and it is sometimes all too easy to forget that beauty within creates beauty without. To remind one of these connections, Spa Village Gaya Island has crafted several unique spa sessions. Conducted in our breathtaking Mangrove Theatre, they can be experienced individually or in a group setting of up to 6 persons.

### YOGA

The Sanskrit word 'yoga' means union. Essentially yoga is a union of mind, body, and spirit through the practice of postures, breathing, and meditation. You will be guided through a series of these practices bringing balance to body and psyche.

### GUIDED MEDITATION

Embark on a guided journey through your mind. Discover how to tap into your own healing energy to transform the physical body, remove obstacles in your life and access an inner 'stillness'. The soothing voice of your guide lulls you into a calm and profoundly relaxed state of being.



## SPA RECOMMENDATIONS AND GUIDELINES

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Enjoy a full range of amenities when visiting the Spa Village Gaya Island including slippers, private locker, bathrobe and vanity products. Services that are listed with a \* symbol are considered heat treatments and are not recommended for guests that have heart conditions, suffer heat sensitivity, or are pregnant. In consideration of other guests we ask that all cellular phones be turned off while at the spa. The Spa Village Gaya Island is a non-smoking facility.

### OPERATION HOURS

Spa Facilities: 9.00am - 7.00pm

Spa Treatments: 11.00am - 7.00pm

### RESERVATIONS

Advance reservations are recommended. If in-house, touch 7 or  between 11.00am and 7.00pm. You may also call Spa Village Gaya Island at (6018) 304 9774 or email [spavillagegi@ytlhotels.com.my](mailto:spavillagegi@ytlhotels.com.my). Reservations may also be made through the YTL Travel Centre at [travelcentre@ytlhotels.com.my](mailto:travelcentre@ytlhotels.com.my).

### CHECK-IN

Please check-in at the Spa Reception Desk 15 minutes prior to your first appointment. We regret that late arrivals will not receive an extension of scheduled treatments.

### FACILITY USAGE

All guests of Gaya Island Resort enjoy complimentary use of the spa facilities with any 50-minute Deluxe scheduled spa service. All prices are subject to change without prior notification.

### AGE RECOMMENDED

The Spa Village Gaya Island is appropriate for guests 16 years and above.

### SPA RETAIL

Be sure to visit our Spa Retail for an array of Spa Village products.

### CANCELLATION POLICY

As a courtesy to other guests and our therapists, please give us 4 hours notice if you must cancel or change any treatments. Without this notification you will be charged in full.

### GRATUITIES

In appreciation of outstanding service, gratuities may be given at your discretion.





GAYA ISLAND

# The Spa Village Gaya Island Ratecard

**Spa Treatment Hours** 11.00am - 7.00pm  
(Last treatment starts at 6.00pm)

**Contact Details** Spa Village Gaya Island  
Gaya Island Resort, Malohom Bay,  
Pulau Gaya, Tunku Abdul Rahman Marine Park,  
88000 Kota Kinabalu, Sabah, East Malaysia

Telephone +6018 304 9774  
Email [travelcentre@ytlhotels.com](mailto:travelcentre@ytlhotels.com)  
Website [www.spavillage.com](http://www.spavillage.com)

## Distinctive Journeys

SPA TREATMENTS	DURATION	MYR
<b>TADAU KAAMATAN A COUPLES CELEBRATION OF RICE</b>		
for two persons	3 hrs	1550
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<b>INDIVIDUAL</b>		
- Unduk Ngadau (For Her)	3 hrs	850
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- Papakang - The Odyssey Of Seven Brothers (For Him)	3 hrs	850
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<b>SABAH SCENT ADVENTURES</b>		
	50 mins	300

## Renewal 360

SPA TREATMENTS	DURATION	MYR
<b>BORNEO VANILLA ORCHID AND HONEY COCOON</b>		
- Single	2.5 hrs	650
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- Double	2.5 hrs	1250
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<b>HONEY AND AVOCADO SEED FACIAL</b>		
	50 mins	300

## Healing Arts

SPA TREATMENTS	DURATION	MYR
<b>URUTAN PRIBUMI (INDIGENOUS MASSAGE)</b>		
	80 mins	375
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<b>BALINESE MASSAGE</b>		
- Deluxe	50 mins	300
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- Supreme	80 mins	375
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<b>MALAY MASSAGE</b>		
- Deluxe	50 mins	300
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- Supreme	80 mins	375

## Beautiful Trimmings

ADD-ONS	DURATION	MYR
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### BATHING BEAUTY

- Seawater

Muscle Relief	30 mins	185
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### BODY GLOW

- Vanilla Bean Dream 30 mins 185

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- Coffee Crush 30 mins 185

## Soul Spa

SPA TREATMENTS	DURATION	MYR
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### YOGA

- Private Session 50 mins 300

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- Group Session 50 mins 115

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### GUIDED MEDITATION

- Private Session 50 mins 300

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- Group Session 50 mins 115

*Menu priced in Malaysia Ringgit (MYR) and is subject to prevailing service charge and taxes. Subject to change without notice.*